HHBC SPORTS

**Parent Information:**

Hickory Hill Baptist Church (HHBC) is offering **Volleyball** for children ages 5 to 12.

 We desire to provide competitiveness and teach character and fundamentals through sports. We also want to provide positive encouragement and fun for children through sports.

 The cost for volleyball will be $30. The cost will include a shirt, gift, practices, and 6 to 8 games.

**IMPORTANT DATES:**

-Practices will start in July 2017.

-Games will start in August 2017.

**General Information:**

Please make sure your child has **NON-Marking** tennis shoes for practices and games. You may also want to purchase knee pads for your child.

**Sample Outline for Practices:**

-Learn and improve on skills of the game.

-Play games with the players.

-Teach and practice game strategy.

-Huddle Up time is a short devotional time. Our Huddle UP time will be based upon “I Am” statements in the Gospel of John.

**Our Mission for HHBC Sports**

**1 Corinthians 9:19**…I have made myself a servant to all, that I might win more of them

**Our Values for HHBC Sports**

**S**hare Jesus Christ.

It is our desire to share the Good News of Jesus Christ to our community.

**P**lay Competitive Sports

It is our desire to make the teams fair with about the same skill level so that the games will be competitive.

**O**ffer Biblical Lessons

 It is our desire to offer Biblical lessons for life application.

**R**each Out to Grow

 It is our desire to reach out to our community and grow as a church.

**T**each Character

 It is our desire to teach children character through sports.

**S**porting Skills Taught

 It is our desire to teach the basic skills of the sport to children.

**How to ensure your child has a positive experience?**

-Talk with your child about what they learned in practice.

-Practice with your child.

-Be positive and encouraging.

-Encourage and help the coach if he/she needs it.

-Please be on time to practice and games.

-HHBC is learning and trying our best. If you see anything we do well, please let us know. If you see anything we can improve on, please let us know.

Guidelines for Building

Hickory Hill Baptist Church (HHBC) has built a new building for us to use.

-Please treat our new building with respect.

-No tobacco products.

-No rude behavior.

-Only wear **NON-Marking** shoes.

-No food or drinks on the court.

-Please stay off the field/court when games are being played.

-Please respect each other.

-Please NO running in the building with the exclusion of players.

-All children must be accompanied by an adult.

**Volleyball Rules**

When the ball is in play, the rules of volleyball are fairly simple. The object of volleyball is to land the ball in your opponent’s court by hitting the ball over the net. Other than that, the main rules of volleyball are around the starting and stopping of play.

**The Starting and Stopping of Volleyball Play:**
The start of a volleyball play happens when the ball is served into your opponent’s court. Volleyball is stopped when the ball lands in bounds, out of bounds or a foul is committed by a team.

A flip of a coin will decide who serves the ball at the beginning of the game. The loser of the first game will serve first for the second game. If a third game is played, a flip of a coin will decide who serves first for that game.

After each game, the teams will switch sides for the next game.

**Number of players: Each team will have no more than 6 players on the court at a time. The players will rotate clockwise every side out. A new player can come into the game during rotation, after a time out, or to replace an injured player.**

**Serving:** The game starts with a serve, with three main rules to know:

#1 Overhand serve: You must hit the ball out of the air after it leaves your hand. You cannot bounce it and hit. On an underhand serve, server can hit the ball out of their hand. Most kids start serving underhand and learn an overhand serve as they get better.

#2 Older players must serve anywhere on the end line of your side of the court. Younger players can serve in free throw area on the basketball court. Players must serve inside the sidelines. They cannot step on or in front of the line before they hit the serve, but can land in the court after they serve.

#3 The ball must clear the net without touching the net or poles and must land on or inside the opposite boundary lines of the court, unless an opposing team’s player hits the ball before it lands. If the serve hits the net then it is side out. The ball cannot hit the ceiling on a serve.

The serving player will stop serving when a side-out happens. A side-out will happen after the server’s team does not win a point on the serve or the server has completed **5 serves** in a row*. For safety reasons please have the players roll the ball under net for the next serve.*

The server must wait for the whistle from the referee before he/she can serve, then serve within 5 seconds. The referee will scan the floor to make sure all the players are aware of the coming serve before the whistle for service is blown. This prevents quick serves before another team is ready.

**Receiving:** The receiving team has three hits to send the ball back over the net. When a ball is hit after a serve, it can touch the net and still be good. The receiving team members must stand in their proper position.

**Rotation:** When a player finishes his/her turn serving, service goes to the other team. This is called a “side-out.” When this happens, players on the serving team must change their positions on the court, following a clockwise rotation. This allows every player to eventually rotate into the serving position and prevents one or more dominant players from starting every point at the net or another favorite position.

**Scoring: We will use rally-scoring. Rally play is where** one team scores a point every time a serve is made.

**Offside:** A player may not go under the net during a point. Players can only touch the net when blocking. If the net touches a player because the ball hits the net and pushes it into the player, the player is not offside and commits no foul. Players also cannot touch opposing players or the ball by reaching over the net. The ball is acceptable to touch by either team if it is on the plane of the net.

**To Win A Game:** Each game will be played to 21 points. A team must win by two points and there is a 28 point cap. After the second game, there will be a short half-time. After the half, the third game will be played.

**States of Play**
**Ball In:** The ball touches the surface of the playing court, including the boundary lines.

**Ball Out:** The ball touches completely outside the playing court; passes completely under the net; or touches the support lines, antenna, posts, or the net outside of the antenna. The ball can touch the ceiling if it remains on the team’s side that hit the ceiling. A ball considered out if it touches the walls or basketball goals.

**Playing the Ball:** The ball may not be thrown or carried. The ball must be hit over the net with a maximum of three contacts. The ball can hit any part of the player's body, including feet.

**Ball Handling Faults**
1. Hitting the ball more than three times.
2. Lifting/carrying/throwing or catching the ball.

**Net Play:** Players may not touch the net, unless the ball drives the net into a player. The ball may hit the net and continue over at any time, as long as it passes fully between the antennas, unless the ball hits the net on the serve.

**Setting:** This is typically the second contact by the team, most frequently placing the ball up, by using two hands, to be spiked. The set does not have to go the way a player is facing and can even be set behind the setting player, called a back set. This second contact is, of course, also legal if done with a forearm (pass/dig). The main desire is to make the ball able to be hit.

**Attacking:** This is the act of directing the ball towards the opponent's side. A player can jump and spike, tip, stand and set it over, forearm pass it over, etc. The tip action (one or two handed) cannot be caught or thrown over.

**Blocking:** A blocked ball counts as a touch, but does not count as one of the team's three hits and can be played by a blocker without being called for a double hit. A team cannot block the serve.

**Injury:** If an injury occurs, stop the game immediately and tend to the injured player. A player with a hard cast on, should not be allowed to play volleyball, even if they pad the cast. Only a small finger splint or padded cast, which does not gain the player an advantage in contacting the ball, is allowed.

**Referee:** The referee stands by one of the net supports and directs the match from start to end, with their decision being final. The referee whistles for each new serve. They make the ball handling calls, in and out calls, and other judgement decisions. The referee can call for a replay if a play or point is in question. For a replay, the same server will repeat their serve and not point will be given.